

ARMY AIR FORCES

PHYSICAL FITNESS TEST AND RECORD CARD

(AAF Reg. No. 50-14, Sec. 4, Par. 7c)

Name J. H. GARDNER Rank or grade 2nd
(First) (Last)
Age 22 yrs. Height 68 in. Serial No. 0-520497

CUMULATIVE RECORD

TEST No.	STATION	SQUAD- RON	DATE	Wt.	P. Physical F. Fitness R. Rating
I	LBAAF	28TH	4/10/43	156	52
II	HAAF (HUMPHREY)	28TH	7/15/43	156	52
III	HAAF (HUMPHREY)	58TH	11/22/43	156	52
IV	FAIRFIELD	1504	2/5/44	154	54

(Use the following procedure on opposite side for recording.)

SCORING PROCEDURE.—John Doe makes the following record: He sits-up 37 times, circles score ③ (does not circle performance record); chins 8 times, circles score ④; runs the shuttle-run in 53 seconds, circles score ⑤; adds the three scores: $52 + 49 + 52 = 153$; locates 153 (the nearest number is 156) in "Sum of Scores" in column under P. F. R.; circles the P. F. R. score ⑤, which is to the right of 156. Thus 52 is the Physical Fitness Rating of John Doe, which places him in the "Good" category. Whenever the number which represents the performance record, or sum of scores is not listed, select the nearest number and properly record.

PHYSICAL FITNESS PROFILE.—To make profile, connect each circle with a straight line.

16-34185-1

ACHIEVEMENT SCALES

SIT-UPS		PULL-UPS		SHUTTLE-RUN		Sum of Scores	P. F. R.
No.	Score	No.	Score	Sec.	Score		
114	100	24	100	34	100	300	100
108	98	23	98	35	98	294	98
102	96	22	96	36	96	288	96
96	95	21	95	37	95	285	95
90	93	20	93	38	93	279	93
85	90	19	90	39	90	270	90
81	85	18	85	40	85	255	85
77	81	17	81	41	81	243	81
73	78	16	78	42	78	234	78
69	75	15	75	43	75	225	75
66	74					222	74
64	73			44	73	219	73
62	72	14	72	45	71	216	72
60	70					210	70
58	68	13	68	46	67	204	68
56	66					198	66
54	65	12	65	47	65	195	65
52	64					192	64
50	63			48	63	189	63
48	61	11	62			183	61
47	60			49	60	180	60
45	58	10	58	50	58	174	58
44	57			51	56	171	57
42	55					165	55
40	54	9	54	52	54	162	54
38	52			53	52	158	52
36	50	8	49	54	50	150	50
33	48			55	48	144	48
31	47					141	47
30	46			56	46	133	46
29	45	7	45			135	45
28	44			57	44	132	44
27	42			58	42	126	42
26	40	6	41	59	40	120	40
25	38	5	38	60	38	114	38
24	36			61	36	108	36
22	35	4	35			105	35
21	34			62	34	102	34
19	33	3	32	63	32	99	33
17	30			64	30	90	30
15	27	2	26	65	27	81	27
12	23			66	23	69	23
9	20			67	20	60	20
6	17	1	17	68	17	51	17
3	15			69	15	45	15
1	10			70	10	30	10

GPO 16-34185-1

NOT A PASS • FOR IDENTIFICATION ONLY

WAR DEPARTMENT
THE ADJUTANT GENERAL'S OFFICE
WASHINGTON, D.C.

IDENTIFICATION CARD

Jack H. Gardner

NAME

1st Lt, AC

DESIGNATION

Jack H. Gardner

SIGNATURE

John H. Doherty, Jr. Major

COUNTERSIGNED

DATE ISSUED **2 Sept 44**

**GARDNER
JACK H
O 520497**

LOST OR DESTROYED THIS CARD MUST BE REPORTED IMMEDIATELY

W.D. A.G.O. 65

PROPERTY OF U.S. GOVT.

WIRE A.G.O. IN CASE OF EMERGENCY

HEIGHT	WEIGHT	HAIR	EYES	DATE OF BIRTH
5-8	155	Brown	Brown	7 Jul 21
OTHER IDENTIFYING DATA				
<p>IDENTIFICATION NO. B 347889</p> <p>LEFT INDEX</p> <p>RIGHT INDEX</p> <p>FINGERPRINTS</p>			<p>WARNING</p> <p>THIS CARD IS ISSUED BY THE WAR DEPARTMENT FOR OFFICIAL USE ONLY. THE HOLDER DESIGNATED HEREON ITS USE BY ANY OTHER PERSON IS UNLAWFUL AND WILL MAKE THE OFFENDER LIABLE TO HEAVY PENALTY.</p> <p>IF FOUND, FINDER WILL PROMPTLY RETURN IT TO NEAREST U.S. ARMY HEADQUARTERS OR PLACE IT IN U.S. MAIL BOX.</p> <p>POSTMASTER: POSTAGE GUARANTEED. RETURN CARD TO THE ADJUTANT GENERAL, WASHINGTON, D.C.</p>	

1. Gardner, Jack H 2. 1st Lt. 3. 23 4. 5' 7 1/2" 5. 0-520497
(Name (last name first)—print) (Rank or grade) (Age) (Height—feet, inches) (Army Serial No.)

CUMULATIVE RECORD

[illegible]

SCORING PROCEDURE: John Doe makes the following record:

He sits-up 37 times, circles score 52 (does not circle performance record); chins 8 times, circles score 49 runs the shuttle-run in 53 seconds, circles score 56 adds the three scores: 52 plus 49 plus 56 equals 157; locates 157 (the nearest No. is 156) in "Sum of Scores" in column under P. F. R.; circles the P. F. R. score 52 which is to the right of 156. Thus 52 is the Physical Fitness Rating of John Doe, which places him in the "Good" category. Whenever the number which represents the performance record, or sum of scores is not listed, select the nearest number and properly record.

PHYSICAL FITNESS PROFILE: To make profile, connect each circle with a straight line.

W. D. A. A. F. Form No. 28A
(Revised 1 Nov. 1943)
**ARMY AIR FORCES PHYSICAL FITNESS TEST
AND RECORD CARD**
(FRONT)

ACHIEVEMENT SCALES

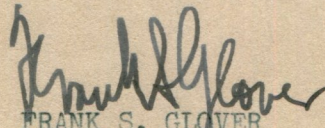
SIT-UPS		PULL-UPS		SHUTTLE-RUN		Sum of Scores		P. F. R.
No.	Score	No.	Score	No.	Score			
114	100	24	100	41	100	300	EXCELLENT	100
108	98	23	98			294		98
102	96	22	96	42	96	288		96
96	95	21	95			285		95
90	93	20	93	43	93	279		93
85	90	19	90			270		90
81	85	18	85	44	85	255		85
77	81	17	81			243		81
73	78	16	78	45	78	234		78
69	75	15	75	46	75	225	VERY GOOD	75
66	74					222		74
64	73			47	73	219		73
62	72	14	72	48	71	216		72
60	70					210		70
58	68	13	68	49	67	204		68
56	66					198		66
54	65	12	65	50	65	195		65
52	64					192		64
50	63	11	62	51	63	189	GOOD	63
48	61					183		61
47	60			52	60	180		60
45	58	10	58			174		58
44	57			53	56	171		57
42	55					165		55
40	54	9	54			162		54
38	52			54	52	156		52
36	50	8	49			150		50
33	48			55	48	144		48
31	47					141		47
30	46			56	46	138		POOR
29	45	7	45			135	45	
28	44			57	44	132	44	
27	42	6	41	58	42	126	42	
26	40			59	40	120	40	
25	38	5	38	60	38	114	38	
24	36			61	36	108	36	
22	35	4	35			105	35	
21	34			62	34	102	34	
19	33	3	32	63	32	99	VERY POOR	
17	30			64	30	90		30
15	27	2	26	65	27	81		27
12	23			66	23	69		23
9	20			67	20	60		20
6	17	1	17	68	17	51		17
3	15			69	15	45		15
1	10			70	10	30		10

AAF STATION AND AIR DEBARKATION HOSPITAL
FAIRFIELD-SUISUN ARMY AIR BASE
CALIFORNIA

C E R T I F I C A T E

2 March 1945

This is to certify that 1st Lt Jack H Gardner, O 520 497, AC has completed WD,AGO Form 64 and is physically qualified to participate in regular and frequent aerial flights.


FRANK S. GLOVER
Captain, MC
Flight Surgeon

AAF STATION AND AIR DEBARKATION HOSPITAL
FAIRFIELD-SUISUN ARMY AIR BASE

IMMUNIZATION REGISTER
AND OTHER MEDICAL DATA
(SEE AR 40-210)

NAME (LAST, FIRST, MID. INITIAL) Gardner, Jack H.	ASN 0 520497
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DATE OF BIRTH 7 July 21	RACE W	BLOOD GROUP O	MED. OFF.
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SMALLPOX VACCINE

DATE	TYPE OF REACTION	MED. OFF.
1-29-43	Immun	
2-19-44	Immun	
4-12-45		2/28

TRIPLE TYPHOID VACCINE

TYPHUS VACCINE

DATES EACH DOSE	MED. OFF.	DATES EACH DOSE	MED. OFF.
2-8-43 Comp		2-8-43 Comp	
2-19-44 Stim		9-14-43 Stim	
4-24-45 Stim	2/28	3-10-44 Stim	
		8-31-44 Stim	
		4-12-45 Stim	2/28

TETANUS TOXOID

CHOLERA VACCINE

DATES EACH DOSE	MED. OFF.	DATES EACH DOSE	MED. OFF.
2-8-43 Comp		3-10-44 Stim	
2-19-44 Stim		8-31-44 Stim	
8-31-44 Stim	2/28	4-12-45 Stim	2/28

YELLOW FEVER VACCINE

DATE	LOT NO.	MED. OFF.
1-9-42		
3-10-44		2/28

W. D. A. G. O.
FORM 8-117
15 AUGUST 1944

THIS FORM SUPERSEDES M. D. FORM 81, 23 SEPTEMBER 1942, WHICH WILL NOT BE USED AFTER RECEIPT OF THIS REVISION.

16-42494-1

OTHER IMMUNIZATIONS

TYPE	DATE	LOT NO.	AMOUNT	MED. OFF.
Plague	1-4-45 -	1-13-45	Comp	<i>[Signature]</i>
INFLUENZA	OCT 5	1945		<i>[Signature]</i>

SPECTACLES

PLACE OF REFRACTION			DATE		GLASSES REQUIRED YES <input type="checkbox"/> NO <input type="checkbox"/>	
V. A. WITH GLASSES			V. A. WITHOUT GLASSES			
OD	OS	OU	OD	OS	OU	
SPHERE		CYLINDER	AXIS	PRISM	DEC. IN.	
OD.						
OS.						
ADD.						
BIFOCAL SEGMENT			FRAME			
HEIGHT	INSET	P. D.	BRIDGE	EYE SIZE	TEMPLE	
MM.	MM.					
POSITION OF EYEGLASS GAS MASK M-1:				SIZE OF GAS MASK:		
COMMERCIAL TYPE, NO. OF PRS.				EYEGLASS, GAS MASK M-1		
DATE ORDERED		DATE ISSUED		DATE ORDERED		DATE ISSUED

DENTURES

TYPE	*	DATES INSERTED IF MADE IN SERVICE
FULL UPPER		
FULL LOWER		
PARTIAL UPPER		
PARTIAL LOWER		

* CHECK IF PRESENT WHEN INDUCTED OR ORDERED TO ACTIVE DUTY

DRUG OR SERUM SENSITIVITY

DRUG OR SERUM	
DATE OF REACTION	
TYPE OF REACTION	
SEVERITY	MED. OFF.

REMARKS:

HUGH V. HARTLEY
Major, Air Corps,
Dir., Pers & Adm Services

31 Dec 45

31 Jan 46

20.50

X

42.

RIGHT THUMB PRINT

43. REMARKS (This space for completion of above items or entry of other items specified in W. D. Directives)

*Eleven months Eighteen days Foreign Service in Asiatic Pacific
Theater and American Theater within Dates Shown
Lapel Button Issued

ASR Score (2 Sep 45) 99

44. SIGNATURE OF OFFICER BEING SEPARATED

Jack H. Gardner

45. PERSONNEL OFFICER (Type name, grade and organization - signature)

E. J. Sorensen

SORENSEN

CAPTAIN

QMC

MEDICAL SECTION
1503d AAF Base Unit, WCV, PACD, ATC
Hamilton Field, California

MEDICAL

DATE **OCT 9 1945**

This is to certify that a Physical Inspection has been accomplished
upon Gardner, Jack H. 1st Lt O 520 497
(Name) (Rank) (ASN)
in accordance with Par 11, AR 40-100 dated 16 September 1942 (Officers)
or AR 615-250 dated 24 July 1942 (EM).

GKS
GEORGE K. SPEARMAN
MAJOR, MED CAL CORPS
FLIGHT SURGEON

ARMY AIR FORCES MEDICAL STATEMENT
FOR OFFICERS

INSTRUCTIONS: THIS SHEET WILL BE CHECKED IN ACCORDANCE WITH AAF MANUAL 35-2 EACH TIME AN OFFICER IS TRANSFERRED FROM ONE MAJOR COMMAND TO ANOTHER, USING THE SYMBOLS. ANY DEFICIENCIES OR EXPLANATIONS WILL BE RECORDED UNDER REMARKS. AN OFFICER WILL CERTIFY THAT THE ENTRIES ARE CORRECT IN THE APPROPRIATE SPACE AT THE BOTTOM OF THE FORM. THIS STATEMENT WILL BE FORWARDED WITH HIS PERSONNEL RECORDS.

SYMBOL KEY

ALL IN ORDER
O - DEFICIENT
X - NOT REQUIRED OR
NOT APPLICABLE
- EXPLANATION UNDER
REMARKS

NAME GARDNER JACK H. 0-520997 1/LT
(LAST) (FIRST) (INITIAL) (ASN) (GRADE)
FLYING () yes GROUND () STUDENT ()

1. WD, AGO FORM 66-2 OR 66-3.

- IF OFFICER IS ON LIMITED SERVICE, HAS AN ENTRY UNDER ITEM 24 BEEN MADE?
- HAS AN ENTRY OF PHYSICAL QUALIFICATION OR DISQUALIFICATION OF OVERSEAS DUTY IN CURRENT MOS BEEN ENTERED UNDER ITEM 24? (IF DISQUALIFIED, DATE AND DISQUALIFICATION IN LAY TERMS)
- HAS A DUPLICATE WD AGO FORM 8-117 BEEN OBTAINED IN PLACE WITH THE WD, AGO FORM 66-2 FOR FORWARDING TO THE NEXT STATION?

2. RECORDS CARRIED ON PERSON

A. WD AGO FORM 8-117 (IMMUNIZATION REGISTER):

- DOES HE HAVE AN AUTHENTICATED WD AGO FORM 8-117?
- ARE IMMUNIZATIONS COMPLETED?
- IS BLOOD TYPE RECORDED ON WD, AGO FORM 8-117?
- ARE SPECTACLES REQUIRED AND FURNISHED?
- IF SO, IS PRESCRIPTION RECORDED ON WD AGO FORM 8-117?
- ARE DENTURES REQUIRED?
- IF SO, IS DESCRIPTION OF THE DENTURE AND DATE OF INSERTION RECORDED ON THE WD AGO FORM 8-117?

B. IDENTIFICATION TAGS:

- IS TETANUS RECORDED?
- IS STIMULATING TETANUS RECORDED?
- IS BLOOD TYPE RECORDED?

C. WD AAF FORM 206 (REVISED 14 SEPT. 44) (FOR FLYING OFFICERS ONLY):

- DOES HE HAVE AN AAF FORM 206?
- IS THE FORM PROPERLY COMPLETED?
- HAS AN ENTRY BEEN MADE OF ALTITUDE INDOCTRINATION CONFIRMING SUCCESSFUL COMPLETION OF:
TYPE 1 FLIGHT?
TYPE 2 FLIGHT?
TYPE 3 FLIGHT?

3. FOR FLYING OFFICERS ONLY:

- HAS THE TRAVELING "64" FILE AND WD, ID FORM 79 BEEN DELIVERED TO THE PROCESSING OFFICER FOR FORWARDING WITH OTHER PERSONNEL RECORDS?
(STATION TRANSFERRING TO POE OR STAGING AREA WILL FORWARD "64" FILE TO THE AIR SURGEON, HQ., ARMY AIR FORCES, WASHINGTON 25, D. C.)

4. FOR ALL OFFICERS:

- HAS PHYSICAL INSPECTION BEEN MADE IN COMPLIANCE WITH PARAGRAPH 11A, AR 40-100?

REMARKS:

5-6161, AF

COLUMN 1-CERTIFIED AS ENTERED

COLUMN 4-CERTIFIED AS ENTERED

COLUMN 2-CERTIFIED AS ENTERED

COLUMN 5-CERTIFIED AS ENTERED

GEORGE K. SPEARMAN
MAJOR, MEDICAL CORPS
FLIGHT SURGEON

6. HAS A COPY DATE WD AGO FORM 8-117 BEEN OBTAINED IN PLACE WITH THE WD, AGO FORM 8-117 FOR FORWARDING TO THE NEXT STATION?

2. RECORDS CARRIED ON PERSON

A. WD AGO FORM 8-117 (IMMUNIZATION REGISTER):

- (1) DOES HE HAVE AN AUTHENTICATED WD AGO FORM 8-117?
- (2) ARE IMMUNIZATIONS COMPLETED?
- (3) IS BLOOD TYPE RECORDED ON WD, AGO FORM 8-117?
- (4) ARE SPECTACLES REQUIRED AND FURNISHED?
- (5) IF SO, IS PRESCRIPTION RECORDED ON WD AGO FORM 8-117?
- (6) ARE DENTURES REQUIRED?
- (7) IF SO, IS DESCRIPTION OF THE DENTURE AND DATE OF INSERTION RECORDED ON THE WD AGO FORM 8-117?

B. IDENTIFICATION TAGS:

- (1) IS TETANUS RECORDED?
- (2) IS STIMULATING TETANUS RECORDED?
- (3) IS BLOOD TYPE RECORDED?

C. WD AAF FORM 206 (REVISED 14 SEPT. 44) (FOR FLYING OFFICERS ONLY):

- (1) DOES HE HAVE AN AAF FORM 206?
- (2) IS THE FORM PROPERLY COMPLETED?
- (3) HAS AN ENTRY BEEN MADE OF ALTITUDE INDOCRITATION CONFIRMING SUCCESSFUL COMPLETION OF:
TYPE 1 FLIGHT?
TYPE 2 FLIGHT?
TYPE 3 FLIGHT?

3. FOR FLYING OFFICERS ONLY:

- A. HAS THE TRAVELING "64" FILE AND WD, MD FORM 79 BEEN DELIVERED TO THE PROCESSING OFFICER FOR FORWARDING WITH OTHER PERSONNEL RECORDS?
(STATION TRANSFERRING TO FOE OR STAGING AREA WILL FORWARD "64" FILE TO THE AIR SURGEON, HQ., ARMY AIR FORCES, WASHINGTON 25, D. C.)

4. FOR ALL OFFICERS:

- A. HAS PHYSICAL INSPECTION BEEN MADE IN COMPLIANCE WITH PARAGRAPH 11A, AR 40-100?

REMARKS:

5-6161, AF

COLUMN 1-CERTIFIED AS ENTERED

COLUMN 4-CERTIFIED AS ENTERED

COLUMN 2-CERTIFIED AS ENTERED

COLUMN 5-CERTIFIED AS ENTERED

COLUMN 3-CERTIFIED AS ENTERED

1503d-P&AS-41